

Corn Chowder

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Butter	4 oz		8 oz	
Canola oil	4 oz		8 oz	
Onions, Spanish, diced	3 lb		6 lb	
Celery, diced	2 lb		4 lb	
Flour, all purpose	3/4 lb		1 1/2 lb	
Water		3 qt		1 1/2 gal
Bay leaves, dry		4 leaves		8 leaves
Poultry seasoning (optional)		1 1/2 tsp		1 Tbsp
Potatoes, diced	8 lb		16 lb	
Corn kernels, frozen	4 lb		8 lb	
Lowfat milk, 1%		2 qt		1 gal
Salt		1 1/2 Tbsp		3 Tbsp
White pepper, ground		1 tsp		2 tsp
Parsley, dried		2 Tbsp		1/4 cup

Directions

1. Melt butter in large stockpot or tilt steam kettle. Add oil.
2. Cook onions in butter-oil mixture 5 minutes over medium heat or until vegetables are soft. Do not brown.
3. Add celery to onions and cook over medium heat for 10 minutes or until vegetables are soft. Do not brown.
4. Add flour to vegetables, coating evenly.
5. Over medium heat, cook flour 5 minutes, using caution to not burn flour.
6. Slowly add water. Stir well. Be sure to loosen any flour from bottom of pan.
7. Add bay leaves, poultry seasoning (optional), and potatoes.
8. Gently simmer until potatoes are tender.
9. Add corn and milk. Heat through, but do not boil after milk is added.
10. Remove bay leaves. Add salt and white pepper.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	3 g	
Protein	6 g	
Carbohydrates	32 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	270 mg	

Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup

11. Finish with chopped parsley.
12. Serve 1 cup (8 ounces).

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).